

**Expanded BRFSS, 2003**

**Niagara Locality**

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## Adults Eating Fewer High Fat or High Cholesterol Foods to Lower Risk of Developing Heart Disease or Stroke

*Niagara*

Demographic Groups	n <sup>1</sup>	Yes % <sup>2</sup>	n	No %	C.I. <sup>3</sup>
Total	398	63.0	213	37.0	4.4
Gender					
Male	154	57.2	104	42.8	6.8
Female	244	68.2	109	31.8	5.7
Age					
18-64	296	62.9	153	37.1	5.2
≥65	99	62.7	60	37.3	8.1
Education					
≤High School	162	57.3	110	42.7	6.8
>High School	234	67.5	103	32.5	5.8

<sup>1</sup>Percents based on row denominators of less than 50 are unstable and should be used with caution

<sup>2</sup>Weighted Percent

<sup>3</sup>95% Confidence Interval

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## Adults Eating More Fruits and Vegetables to Lower Risk of Developing Heart Disease or Stroke

*Niagara*

Demographic Groups	n <sup>1</sup>	Yes % <sup>2</sup>	n	No %	C.I. <sup>3</sup>
Total	410	69.0	206	31.0	4.1
Gender					
Male	174	68.3	86	31.7	6.2
Female	236	69.6	120	30.4	5.4
Age					
18-64	310	70.1	142	29.9	4.8
≥65	98	65.1	63	34.9	7.7
Education					
≤High School	175	66.6	97	33.4	6.3
>High School	234	71.1	108	28.9	5.4

<sup>1</sup>Percents based on row denominators of less than 50 are unstable and should be used with caution

<sup>2</sup>Weighted Percent

<sup>3</sup>95% Confidence Interval

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## Adults More Physically Active to Lower Risk of Developing Heart Disease or Stroke

*Niagara*

<b>Demographic Groups</b>	<b>n<sup>1</sup></b>	<b>Yes %<sup>2</sup></b>	<b>n</b>	<b>No %</b>	<b>C.I.<sup>3</sup></b>
Total	504	79.8	116	20.2	3.7
Gender					
Male	192	72.6	68	27.4	6.2
Female	312	86.2	48	13.8	4.1
Age					
18-64	363	79.0	90	21.0	4.4
≥65	138	82.4	26	17.6	6.5
Education					
≤High School	222	77.9	55	22.1	5.7
>High School	280	81.2	61	18.8	4.9

<sup>1</sup>Percents based on row denominators of less than 50 are unstable and should be used with caution

<sup>2</sup>Weighted Percent

<sup>3</sup>95% Confidence Interval

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## Ever had Blood Cholesterol Checked

*Niagara*

Demographic Groups	n <sup>1</sup>	Yes % <sup>2</sup>	n	No %	C.I. <sup>3</sup>
Total	518	81.8	83	18.2	3.9
Gender					
Male	216	82.0	36	18.0	5.7
Female	302	81.7	47	18.3	5.4
Age					
18-34	60	57.2	37	42.8	11.1
35-54	219	85.5	36	14.5	4.7
≥55	236	95.2	10	4.8	3.1
Education					
≤High School	227	79.8	40	20.2	6.2
>High School	289	83.5	43	16.5	5.0

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<sup>3</sup>95% Confidence Interval

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## Had Blood Cholesterol Checked in the Past Five Years

*Niagara*

Demographic Groups	n <sup>1</sup>	Yes % <sup>2</sup>	n	No %	C.I. <sup>3</sup>
Total	487	77.5	106	22.5	4.2
Gender					
Male	205	77.4	45	22.6	6.3
Female	282	77.5	61	22.5	5.7
Age					
18-34	56	53.2	39	46.8	11.2
35-54	205	79.7	49	20.3	5.6
≥55	223	92.2	18	7.8	3.7
Education					
≤High School	218	78.2	45	21.8	6.3
>High School	268	76.8	61	23.2	5.7

<sup>1</sup>Percents based on row denominators of less than 50 are unstable and should be used with caution

<sup>2</sup>Weighted Percent

<sup>3</sup>95% Confidence Interval

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## Check Blood for Glucose or Sugar at Least Once per Day among those with Diabetes

### *Niagara*

Demographic Groups	n <sup>1</sup>	Yes % <sup>2</sup>	n	No %	C.I. <sup>3</sup>
Total	30	53.9	27	46.1	14.5

<sup>1</sup>Percents based on row denominators of less than 50 are unstable and should be used with caution

<sup>2</sup>Weighted Percent

<sup>3</sup>95% Confidence Interval

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## Check Feet for Sores or Irritations at Least Once per Day among Those with Diabetes

*Niagara*

Demographic Groups	n <sup>1</sup>	Yes % <sup>2</sup>	n	No %	C.I. <sup>3</sup>
Total	37	67.6	18	32.4	14.1

<sup>1</sup>Percents based on row denominators of less than 50 are unstable and should be used with caution

<sup>2</sup>Weighted Percent

<sup>3</sup>95% Confidence Interval

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**Had Feet Checked by a Medical Professional in Past Twelve Months, among Those with Diabetes**

*Niagara*

Demographic Groups	n <sup>1</sup>	Yes % <sup>2</sup>	n	No %	C.I. <sup>3</sup>
Total	39	73.6	15	26.4	14.0

<sup>1</sup>Percents based on row denominators of less than 50 are unstable and should be used with caution

<sup>2</sup>Weighted Percent

<sup>3</sup>95% Confidence Interval

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## Had Dilated Eye Exam in Past 12 Months, among Those with Diabetes

*Niagara*

Demographic Groups	n <sup>1</sup>	Yes % <sup>2</sup>	n	No %	C.I. <sup>3</sup>
Total	47	86.6	7	13.4	9.9

<sup>1</sup>Percents based on row denominators of less than 50 are unstable and should be used with caution

<sup>2</sup>Weighted Percent

<sup>3</sup>95% Confidence Interval

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## Adults with a Disability

### *Niagara*

<b>Demographic Groups</b>	<b>n<sup>1</sup></b>	<b>Yes %<sup>2</sup></b>	<b>n</b>	<b>No %</b>	<b>C.I.<sup>3</sup></b>
Total	138	20.0	481	80.0	3.4
Gender					
Male	58	21.7	202	78.3	5.4
Female	80	18.4	279	81.6	4.3
Age					
18-34	14	11.5	93	88.5	6.3
35-54	48	18.7	207	81.3	5.4
≥55	76	28.3	178	71.7	5.9
Education					
≤High School	78	25.5	197	74.5	5.6
>High School	59	15.3	283	84.7	4.1

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<sup>2</sup>Weighted Percent

<sup>3</sup>95% Confidence Interval

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## Eat Five Fruits or Vegetable Servings per Day

*Niagara*

<b>Demographic Groups</b>	<b>n<sup>1</sup></b>	<b>Yes %<sup>2</sup></b>	<b>n</b>	<b>No %</b>	<b>C.I.<sup>3</sup></b>
Total	186	29.1	427	70.9	4.0
Gender					
Male	54	21.0	204	79.0	5.5
Female	132	36.2	223	63.8	5.7
Age					
18-34	24	24.0	83	76.0	9.3
35-54	65	25.6	187	74.4	5.9
≥55	94	36.3	157	63.7	6.4
Education					
≤High School	81	29.9	192	70.1	6.3
>High School	105	28.5	233	71.5	5.3

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**Main Reason for Not Having Health Care Coverage**

*Niagara*

<b>Demographic Groups</b>	<b>n<sup>1</sup></b>	<b>Changed or lost job %<sup>2</sup></b>	<b>C.I.<sup>3</sup></b>	<b>n</b>	<b>Could not afford %</b>	<b>C.I.</b>	<b>n</b>	<b>Other %</b>	<b>C.I.</b>
Total	9	18.6	13.6	13	31.7	17.3	15	49.8	19.4

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<sup>3</sup>95% Confidence Interval

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## No Health Care Coverage for Past Two Years Among Uninsured

*Niagara*

Demographic Groups	n <sup>1</sup>	Yes % <sup>2</sup>	n	No %	C.I. <sup>3</sup>
Total	25	68.2	13	31.8	17.6

<sup>1</sup>Percents based on row denominators of less than 50 are unstable and should be used with caution

<sup>2</sup>Weighted Percent

<sup>3</sup>95% Confidence Interval

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## Ever Been Told Have High Blood Pressure by a Medical Professional

*Niagara*

<b>Demographic Groups</b>	<b>n<sup>1</sup></b>	<b>Yes %<sup>2</sup></b>	<b>n</b>	<b>No %</b>	<b>C.I.<sup>3</sup></b>
Total	219	31.9	389	68.1	4.0
Gender					
Male	101	35.4	153	64.6	6.4
Female	118	28.8	236	71.2	5.0
Age					
18-34	11	10.2	95	89.8	6.5
35-54	54	22.7	199	77.3	5.8
≥55	153	60.2	93	39.8	6.6
Education					
≤High School	109	35.1	161	64.9	6.2
>High School	108	28.9	228	71.1	5.3

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<sup>3</sup>95% Confidence Interval

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## Had a Flu Shot in the Past 12 Months, Aged 65 and Older

### *Niagara*

Demographic Groups	n <sup>1</sup>	Yes % <sup>2</sup>	n	No %	C.I. <sup>3</sup>
Total	108	70.5	52	29.5	7.4

<sup>1</sup>Percents based on row denominators of less than 50 are unstable and should be used with caution

<sup>2</sup>Weighted Percent

<sup>3</sup>95% Confidence Interval

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## Had a Flu Shot in the Past 12 Months

*Niagara*

<b>Demographic Groups</b>	<b>n<sup>1</sup></b>	<b>Yes %<sup>2</sup></b>	<b>n</b>	<b>No %</b>	<b>C.I.<sup>3</sup></b>
Total	210	31.3	400	68.7	4.1
Gender					
Male	87	31.1	168	68.9	6.2
Female	123	31.4	232	68.6	5.4
Age					
18-64	101	21.3	346	78.7	4.2
≥65	108	70.5	52	29.5	7.4
Education					
≤High School	98	33.0	172	67.0	6.2
>High School	110	29.6	228	70.4	5.3

<sup>1</sup>Percents based on row denominators of less than 50 are unstable and should be used with caution

<sup>2</sup>Weighted Percent

<sup>3</sup>95% Confidence Interval

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## Ever Had a Pneumonia Shot, Aged 65 and Older

### *Niagara*

Demographic Groups	n <sup>1</sup>	Yes % <sup>2</sup>	n	No %	C.I. <sup>3</sup>
Total	111	68.3	48	31.7	7.9

<sup>1</sup>Percents based on row denominators of less than 50 are unstable and should be used with caution

<sup>2</sup>Weighted Percent

<sup>3</sup>95% Confidence Interval

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## Ever Had a Pneumonia Shot

*Niagara*

Demographic Groups	n <sup>1</sup>	Yes % <sup>2</sup>	n	No %	C.I. <sup>3</sup>
Total	178	27.1	396	72.9	3.9
Gender					
Male	65	25.7	168	74.3	6.1
Female	113	28.3	228	71.7	5.1
Age					
18-64	67	15.7	345	84.3	4.0
≥65	111	68.3	48	31.7	7.9
Education					
≤High School	83	25.2	175	74.8	5.4
>High School	93	28.3	221	71.7	5.6

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## Number of Cigarettes Smoked per day among Everyday Smokers

### *Niagara*

Demographic Groups	n <sup>1</sup>	1-10 cigarettes % <sup>2</sup>	n	≥11 cigarettes %	C.I. <sup>3</sup>
Total	36	26.6	95	73.4	8.4

<sup>1</sup>Percents based on row denominators of less than 50 are unstable and should be used with caution

<sup>2</sup>Weighted Percent

<sup>3</sup>95% Confidence Interval

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## Trying to Lose Weight

*Niagara*

<b>Demographic Groups</b>	<b>n<sup>1</sup></b>	<b>Yes %<sup>2</sup></b>	<b>n</b>	<b>No %</b>	<b>C.I.<sup>3</sup></b>
Total	284	45.7	326	54.3	4.5
Gender					
Male	105	39.3	150	60.7	6.6
Female	179	51.3	176	48.7	5.9
Age					
18-34	41	37.7	64	62.3	10.3
35-54	115	45.3	138	54.7	6.7
≥55	126	52.1	123	47.9	6.7
Education					
≤High School	129	48.0	141	52.0	6.8
>High School	154	43.8	184	56.2	5.9

<sup>1</sup>Percents based on row denominators of less than 50 are unstable and should be used with caution

<sup>2</sup>Weighted Percent

<sup>3</sup>95% Confidence Interval

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## Trying to Maintain Current Weight of Those not Trying to Lose Weight

*Niagara*

Demographic Groups	n <sup>1</sup>	Yes % <sup>2</sup>	n	No %	C.I. <sup>3</sup>
Total	226	69.4	96	30.6	5.9
Gender					
Male	99	65.3	49	34.7	8.7
Female	127	73.8	47	26.2	7.8
Age					
18-34	39	57.6	25	42.4	13.6
35-54	109	79.0	29	21.0	7.4
≥55	77	68.5	42	31.5	8.8
Education					
≤High School	91	69.6	46	30.4	8.7
>High School	135	69.3	49	30.7	8.0

<sup>1</sup>Percents based on row denominators of less than 50 are unstable and should be used with caution

<sup>2</sup>Weighted Percent

<sup>3</sup>95% Confidence Interval

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## Eating Fewer Calories or Less Fat to Lose or Maintain Weight

*Niagara*

Demographic Groups	n <sup>1</sup>	Yes % <sup>2</sup>	n	No %	C.I. <sup>3</sup>
Total	387	76.4	117	23.6	4.1
Gender					
Male	141	69.7	60	30.3	6.9
Female	246	81.7	57	18.3	4.8
Age					
18-34	58	78.0	21	22.0	9.5
35-54	168	73.5	56	26.5	6.5
≥55	158	78.6	40	21.4	6.2
Education					
≤High School	171	78.0	45	22.0	6.3
>High School	216	75.5	71	24.5	5.4

<sup>1</sup>Percents based on row denominators of less than 50 are unstable and should be used with caution

<sup>2</sup>Weighted Percent

<sup>3</sup>95% Confidence Interval

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## Using Physical Exercise to Lose or Maintain Weight

*Niagara*

<b>Demographic Groups</b>	<b>n<sup>1</sup></b>	<b>Yes %<sup>2</sup></b>	<b>n</b>	<b>No %</b>	<b>C.I.<sup>3</sup></b>
Total	340	71.0	169	29.0	4.2
Gender					
Male	140	70.9	64	29.1	6.6
Female	200	71.1	105	28.9	5.4
Age					
18-34	66	83.4	14	16.6	8.8
35-54	162	75.2	62	24.8	5.9
≥55	109	56.8	93	43.2	7.2
Education					
≤High School	132	64.9	87	35.1	6.9
>High School	208	76.1	81	23.9	5.1

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<sup>2</sup>Weighted Percent

<sup>3</sup>95% Confidence Interval

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**Ever Had a Pap Smear**

*Niagara*

Demographic Groups	n <sup>1</sup>	Yes % <sup>2</sup>	n	No %	C.I. <sup>3</sup>
Total	266	95.4	9	4.6	3.9

<sup>1</sup>Percents based on row denominators of less than 50 are unstable and should be used with caution

<sup>2</sup>Weighted Percent

<sup>3</sup>95% Confidence Interval

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## Had a Pap Smear in Past 3 Years

### *Niagara*

Demographic Groups	n <sup>1</sup>	Yes % <sup>2</sup>	n	No %	C.I. <sup>3</sup>
Total	235	87.2	35	12.8	5.0

<sup>1</sup>Percents based on row denominators of less than 50 are unstable and should be used with caution

<sup>2</sup>Weighted Percent

<sup>3</sup>95% Confidence Interval